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Ashley Hazell • Oct. 12 • Pickering

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HAD IT HIS WAY TO HIS LAST DAY

LOU REED OF VELVET UNDERGROUND WAS NEVER ONE TO COMPROMISE PAGE 14

Suburban life — penny wise, pound foolish?

Report suggests that living in the suburbs costs a lot more than you might think PAGE 3

Have a healthy Halloween? You serious?

The secret to helping your kids endure the holiday's candy curse with their good eating habits intact PAGE 18

Johnson nets 329 yards to best Cowboys

Lions receiver nearly breaks NFL record, helping drive the team to victory, 31-30 PAGE 23

NEWS WORTH SHARING.

ILL MOOD O'ER ST. JUDE

A woman is soaked by huge waves crashing against the walls of the Brighton seafront in southern England on Sunday. The U.K. is bracing for a mammoth storm, dubbed "St. Jude" — the patron saint of lost causes whose feast day is on Monday — and #Stormageddon online, amid fears of similar damage to that of the "Great Storm" of 1987 that killed 18 people. LEON NEAL/AFP/GETTY IMAGES

Karen Stintz — the kinder, gentler Ford?

Mayoral bid. Expert says Stintz will have to distinguish herself in surprisingly fierce race

One of the plain folks

"I'm a working parent with two children and a mortgage and I struggle just like everybody else in the city to get around and get things done and make ends meet." TTC chair Karen Stintz

Voting day is a year away, but with three people announcing their intention to run, the race for mayor is already heating up.

TTC chair Karen Stintz confirmed Sunday she will campaign for the city's top job.

"I believe in the fiscal agenda of Rob Ford, but I worry that another four years of Rob Ford may not move the city forward," Stintz said.

The Ward 16 (Eglinton-Lawrence) councillor has long been rumoured to be planning a mayoral bid, and early polls have her beating Ford in a head-to-head race.

Former councillor David Soknacki has already announced his bid. Several others are said to be considering a run, including MP Olivia Chow and radio host John Tory.

Having such a deep pool of credible candidates so early in the race sends an interesting signal, said Myer Siemiatycki, a professor in Ryerson's Department of Politics.

"People think Mayor Ford can be beaten," he said. "This is going to be a very fiercely contested mayoralty contest."

The challenge will be a particularly large one for Stintz, Siemiatycki said. She will need to position and distinguish herself from Ford.

"I suspect she'll try to, essentially, put herself across as the kinder, gentler Rob Ford," he said. TORSTAR NEWS SERVICE

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Mirvish

Vancouver developer snaps up Honest Ed's

David Mirvish
TORSTAR NEWS SERVICE

Honest Ed's, the iconic retail landmark owned by the Mirvish family for more than 70 years, has been sold.

David Mirvish confirmed Sunday that he has inked a deal with Vancouver-based developer Westbank Properties that will close later this year.

"I think it will honour my parents," said Mirvish. "It gives me confidence that these people are thoughtful, and they're not going to do anything less than the best they can."

Mirvish said the developer is renting the Honest Ed's site and surrounding properties back to him for at least the next two to three years, while Westbank decides what to do with the 1.8-hectare parcel near Bloor and Bathurst streets.

"They're not in a rush," he said. "I think they want to listen as much as anything else. They have some basic thoughts about it ... but they need as wide open a slate as possible."

Westbank is a leading luxury residential developer and the mastermind behind the Shangri-La Hotels in Toronto and Vancouver.

TORSTAR NEWS SERVICE

Sprawl comes with hidden costs: Report

Sustainability. That home in the suburbs looks like a steal ... until you add the costs of a second vehicle

Quoted

"We've known about the environmental effects for decades.... Now we're learning that the financial costs of sprawl are going to be staggering and we're leaving a major deficit to our children and grandchildren." Study author Andrew Thompson

What if the real-estate listing for a $400,000 suburban house advised potential buyers that the price doubles if they factor in the $10,000 annual cost of running a second car over the life of the mortgage?

Would the buyer reconsider spending more on a home that gets them closer to shops, services and transit?

Given that 79 per cent of Canadians say cost determines where they live and most people say they prefer walkable, transit-friendly neighbourhoods, Andrew Thompson thinks they might.

He's the author of a new report from Sustainable Prosperity, a University of Ottawa-based research network, that outlines the hidden costs of sprawl.

"The annual cost of owning an extra car for 35 years could buy more than $570,000 of RRSPs — more than the vast majority of Canadians in their 50s have saved for retirement," says the report called Suburban Sprawl: Exposing Hidden Costs, Identifying Innovations.

A little truth in advertising would go a long way in helping cities and taxpayers curb the sprawl that is robbing them of their time, health and clean air, said Thompson.

"This is about affordability. People are going to go where they can get (the real estate) they want at an affordable cost. What we need to do is take away the artificial subsidies and make sure growth is paying for growth."

Planners and a growing number of politicians are now aware of the hidden costs of sprawl but the policies and the data they need to calculate the price of those developments hasn't caught up, said Thompson.

His report recommends policies that don't leave cities picking up the cost of roads, community centres, police and fire services that have to be operated long after the development charges against builders have been spent.

The way the system works now, people in existing neighbourhoods end up subsidizing developers who build new ones, said Thompson.

TORSTAR NEWS SERVICE

In loving memory of Carla

Geoffrey Bercarich, of Advocacy for Respect for Cyclists, holds up a "ghostbike" on Sunday in honour of Carla Warrilow, who became the third cyclist killed on Toronto's streets this year. She was 26. Warrilow was struck and dragged beneath a truck on Oct. 16 while riding her bicycle on Spadina just south of Dundas. About 100 cyclists gathered at the spot Sunday to chain a white "ghost bike" to a lamppost as a memorial to Warrilow.

VINCE TALOTTA/TORSTAR NEWS SERVICE

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Bloor bike lane proposal already stirring debate

Transportation. Some people like them, some people don't

Watching Annex resident Bertha Luk lock her bike to a post on Bloor Street West at Bay, you'd expect her to favour a new bike lane on Bloor.

You'd be wrong.

Luk is a driver as well as a cyclist, and she's not sure that carving out a bike route is the best thing for traffic on that stretch of Bloor — a section of roadway she avoids "at all costs" when driving.

Toronto's works committee has asked for a study of a dedicated bike route from the Bloor Viaduct to Keele Street.

It's likely to kick off another vigorous debate about traffic movement, not unlike the one that saw bike lanes installed on Jarvis Street, and then removed.

Luk sees the attraction of a bike lane, but wouldn't want one if it caused more congestion for cars.

"The extra bikers and smaller lanes really wouldn't be worth the traffic congestion in my area," she said.

Luk doesn't see how planners could squeeze out enough space for a bike lane on Bloor.

"I think biking or driving on Bloor with the added traffic will be hectic, perhaps even dangerous for the pedestrians and frequent jaywalkers across Bloor."

Greg O'Toole bikes more than he drives and he'd love to see a Bloor Street bike lane.

"I've driven along Bloor, and it's no picnic, it's always congested," he said. "This will free up more space for them. Everyone has their own lane; it'll be a lot more stress-free."

Marc de Grave disagreed, after parking his car near Varsity Arena. He's from Guelph, but a frequent visitor as two of his children are studying in Toronto.

"It's a bad idea," he said. "If you look at the quantity of bikes, if you stand here for an hour, you may see two or three bikes. Every time I've been here, I rarely see bikes."

TORSTAR NEWS SERVICE

The undead very much alive

Some of the freaky folks a Metro staffer encountered during his first-ever Toronto Zombie Walk on Saturday, one of many zombie sightings over the weekend in the city. "Wave after gory wave of convincing freaks, ghouls and, of course, zombies moaned, screamed and scared their way down Yonge Street in a colourful and terrifying fashion," he recalls. For the full story, go to metronews.ca. SUZI STAHELI/FOR METRO

Public meeting on to discuss future of Rowntree Mills Park

After a long battle against drugs, prostitution and loud parties in Rowntree Mills Park, city officials closed the expansive North York green space to cars nearly five years ago. But is it time to unlock the gates?

Amid concerns from some residents who see the solution as too heavy-handed in a largely car-dependent area, local councillor Giorgio Mammoliti is reopening discussion with the community.

"I'm trying to listen to everybody and it's becoming very difficult to make everybody happy," said Mammoliti.

On Monday evening, Mammoliti and parks officials will hold a public meeting on the future of Rowntree.

The park, nestled between Islington and Kipling Avenues in the lush Humber River Valley, remains open to cyclists and pedestrians, but a special permit from the parks department is required to bring a car inside. TORSTAR NEWS SERVICE

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Surge in denials on FOI: Watchdog

Access to Information Act. Info chief wants more staff to cope with Harper government's information refusals

Canada's information watchdog has been flooded with fresh complaints that the Harper government is too often citing security to withhold documents requested under the Access to Information Act.

Suzanne Legault says that since April, her office has seen a surge in such complaints — prompting her to ask for more specially trained investigators.

"I have observed a worrying trend in the number of new complaints of this type in the past four months," Legault wrote in August to Tony Clement, President of the Treasury Board.

"So far this fiscal year, we have received 107 new special delegation (security related) complaints, amounting to 80 per cent of the average number of incoming complaints that my office has previously received over the course of an entire year."

Legault said the problem has been growing over the last five years, but has become acute this year.

She has asked Clement to increase the number of her investigators who have special security clearance to probe these complaints, to 12 people from the current eight.

THE CANADIAN PRESS

Quoted

"I am seeing signs of a system in crisis..."

Suzanne Legault, Canada's information watchdog, at a closed-door meeting of bureaucrats last month.

Suzanne Legault, Canada's Information Commissioner THE CANADIAN PRESS

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Brooklyn. Man arrested in knifing deaths of a mom and her four kids

An immigrant to the United States was arrested Sunday on five counts of murder in the deaths of his cousin's wife and her four children in a stabbing rampage in their Brooklyn home.

The suspect, 25-year-old Ming Don Chen, implicated himself in the stabbings late Saturday in the Sunset Park neighbourhood, police said. NYPD Chief of Department Phil Banks said the victims "were cut and butchered with a kitchen knife." Two girls, nine-year-old Linda Zhuo and seven-year-old Amy Zhuo, were pronounced dead at the scene, along with the youngest child, one-year-old William Zhuo. Their brother, five-year-old Kevin Zhuo, and 37-year-old mother, Qiao Zhen Li, were taken to hospitals, where they also died.

Chen is a cousin of the children's father.

THE ASSOCIATED PRESS

The scene of the multiple fatal stabbings. KATHY WILLENS/THE ASSOCIATED PRESS

Clarification needed

$7B deficit boon being questioned

The surprising revelation last week that Ottawa is almost $7 billion ahead of schedule for eliminating the deficit is attracting the scrutiny of a budget watchdog.

The number two person in the Parliamentary Budget Office says officials have asked the government for clarification.

"We'll look at it because it will affect our own numbers, and try and figure out what the source of it is," says Mostafa Askari.

"There's a part we still don't understand ... as to why departments spent less than what they were expected to ... and why they (Finance) didn't see it in March," when the budget was tabled.

In a report last week, the government pegged the deficit for the 2012-13 fiscal year at $18.9 billion, rather than the $25.9 estimated in the budget. The lion's share of the difference was from lower program spending. Askari said one pressing question is whether the savings were largely a one-time occurrence or will flow through to future years.

THE CANADIAN PRESS

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A new way to predict heat waves even earlier

Wave No. 5. When high-pressure and low-pressure systems line up in a specific pattern, it foreshadows heat to come

The horse Show Me More is watered down at the Chagrin Valley Hunter Jumper Classic in Moreland Hills, Ohio, in this July 18 photo, as temperatures reached above 32 C. TONY DEJAK/THE ASSOCIATED PRESS/FILE

Meteorologists may have found a way to predict some killer heat waves up to three weeks in advance. Now, the best they can do is about 10 days.

An earlier warning would help cities prepare, arrange to open up cooling centres and check on the elderly, said Gerald Meehl, co-author of a study that describes the forecasting clue.

The key may be a certain pattern of high- and low-pressure spots across the globe high in the sky. When that pattern shows up, the chances double for a prolonged and intense heat wave in the eastern two-thirds of the United States, according to the study published Sunday in the journal Nature Geoscience.

The study's authors said they think the pattern occurred before last year's heat wave in much of the central United States, but they still need more work to confirm it.

THE ASSOCIATED PRESS

The clue

"It gives you a little bit of a heads-up of what's coming."

Gerald Meehl, co-author of a study that describes the forecasting clue

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Report. More than 1,500 Canadians still languish in foreign prisons

For nearly two months, all eyes were on John Greyson and Tarek Loubani, the Canadian activists held in an Egyptian prison before being allowed to return to Canada.

Two other Canadians, Greenpeace activists Alexandre Paul and Paul Ruzycki, have also been in the headlines as they remain in a Russian prison facing hooliganism charges. If convicted, they could be sentenced to up to seven years in jail.

But there are other Canadians detained abroad who don't have such a network of supporters, and fail to capture similar public attention.

Overall, 1,590 Canadians are in prison outside the country, according to figures provided by Canada's Foreign Affairs department, accurate to Oct. 10.

The bulk of them — 1,097 — are behind bars in the United States. The rest are in prisons in more than 85 other countries.

Foreign Affairs wouldn't provide a breakdown on the circumstances or duration of detention, nor how many cases the government is actively contesting.

But human-rights groups continue to monitor a number of cases where they believe Canadians are being wrongly detained or have been the victim of human-rights violations.

Often, it can take years to bring a Canadian back home.

Earlier this month, Hamid Ghassemi-Shall was finally able to return to Canada after 64 months in an Iranian prison, including a year in solitary confinement.

Ghassemi-Shall emigrated to Toronto, where he was working as a shoe salesman, following Iran's 1979 revolution. He was arrested on espionage charges while visiting his ailing mother in 2008, and faced the death penalty. International pressure, including a stream of letters from supporters to the Iranian government, may have been a factor in helping to keep him alive, according to Amnesty International Canada.

THE CANADIAN PRESS

Deadly wave of attacks tears through Iraq

At least 66 killed. Series of bombings, suicide assault mark the bloodiest day in the country since Oct. 5

A boy inspects a destroyed car after a car bomb attack hit the Sha'ab neighbourhood of Baghdad Sunday. Insurgents on Sunday unleashed a new wave of car bombs in Shiite neighbourhoods of the city, killing and wounding dozens of people, officials said. KARIM KADIM/THE ASSOCIATED PRESS

A series of attacks including car bombings in Baghdad, an explosion at a market and a suicide assault in a northern city killed at least 66 people Sunday across Iraq, officials said, the latest in a wave of violence washing over the country.

Sunday's attacks were the deadliest single-day series of assaults since Oct. 5, when 75 people were killed in violence. There was no immediate claim of responsibility for the blasts.

Police said that the bombs in the capital, placed in parked cars and detonated over a half-hour period, targeted commercial areas and parking lots, killing 42 people.

The deadliest blasts struck in the southeastern Nahrwan district, where two car bombs exploded simultaneously, killing seven and wounding 15, authorities said. Two other explosions hit the northern Sha'ab and southern Abu Dashir neighbourhoods, each killing six people, officials said. Other blasts hit the neighbourhoods of Mashtal, Baladiyat and Ur in eastern Baghdad, the southwestern Bayaa district and the northern Sab al-Bor and Hurriyah districts.

Violence has spiked in Iraq since April, when the pace of killing reached levels unseen since 2008. Sunday's attacks bring the death toll across the country this month to 545, according to an Associated Press count. THE ASSOCIATED PRESS

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It is said good fences make good neighbours, but when you are surrounded by hundreds of residents, disputes are more likely to flare up. And some of those arguments inevitably end up in court. DARRYL DYCK/THE CANADIAN PRESS FILE

Not loving thy neighbour

Experts. As more Canadians opt to live in condos, the number of residents turning to courts to settle fights will go up, experts say

When Toronto resident Robert Jerome celebrated his 30th birthday by purchasing a unit in a low-rise condo development about 15 years ago, he quickly came to see his neighbours as his extended family, often meeting up to chat in their shared courtyard, which would be filled with children in the summer.

And then Natalia Korolekh moved in.

What happened next were five years of alleged verbal and physical abuse that overshadowed the community, ending with a judge issuing an order in 2010 for Korolekh to sell her condo and move.

The case is similar to one currently playing out in British Columbia, where a woman is appealing an order to sell her condo due to neighbour complaints. While rare, it's a scenario some experts predict will become more common as the number of Canadians choosing the close-quarters of condo living rises. THE CANADIAN PRESS

'Law of averages'

Peter Roberts, a lawyer who specializes in commercial and property law, says whatever happens in the B.C. case will undoubtedly influence other judges the next time a problem neighbour ends up in court, which he predicts will happen with increasing frequency.

- "The law of averages tells you that the more people that are living in (condos) and the smaller the units are, there are going to be more conflicts," he says.

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BUILDING A BETTER CITY BUDGET

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

Politicians at Toronto City Hall are gearing up for yet another fast-paced season of municipal budgeting. And you're excited, aren't you?

No? Really? Huh.

I get it. The city budget doesn't have the immediate intrigue of an Etobicoke police investigation or a Senate scandal, but the reality is that the series of government decisions that make up Toronto's approximately $10-billion operating budget are incredibly important.

The municipal budget is how kids get child-care spaces. It's how roads and bridges get fixed. It's how your streetcar gets less crowded. It's how the city gets a little better — or a little worse, depending.

But it tends not to get the attention it deserves. And a lot of that is because the process that Toronto uses to set the budget is broken.

The big problem is communication. There are ways to make budget information accessible, but instead the city tends to present dense tomes of needlessly complex information. Charts and visuals are kept to a minimum, brushed aside in favour of, well, text. Lots and lots of text.

That situation is made worse by the way politicians and the media tend to frame the budget. The whole thing gets distilled down to just a couple of simplistic figures: the so-called "property tax hike" and the size of the operating budget.

Neither of these things is a great way to judge the effectiveness of a municipal budget. Because Toronto can't run annual deficits, and receives a significant portion of its funding through provincial transfers for programs it must provide, the size of the budget year-over-year is generally irrelevant.

And because property taxes are both incredibly complicated and poorly understood, it's hard for people to conceptualize what an increase actually means to them — and to city services.

We can do better.

Already some engaged citizens have picked up the ball.

Better Budget Toronto, a non-partisan advocacy group dedicated to demonstrating that "shaping public policy can be collaborative, interactive, and even fun," held their first Better Budget Day earlier this month, co-sponsored by the Wellesley Institute.

There, more than 75 people from a diverse set of backgrounds explored new ways to do the budget better.

They even invited me to give my two cents to the group.

The energy in the room was encouraging.

And so are Better Budget Toronto's next steps.

"We believe that improving the way the city spends public money should be an issue in the upcoming elections," Better Budget Toronto co-founder Alex Mazer told me.

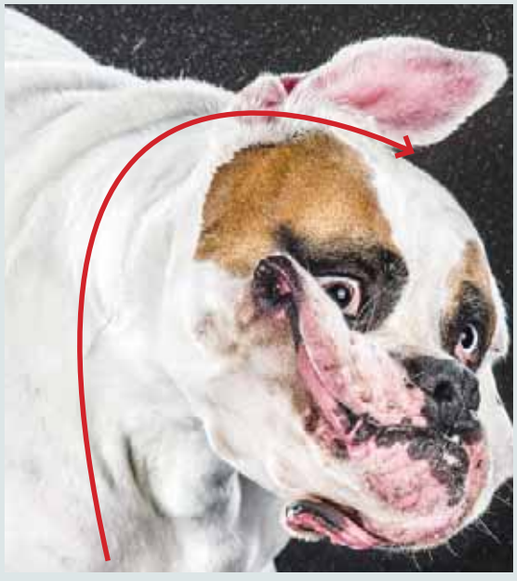
"We want to distill the good ideas we've generated together into a pledge that councillor and mayoral candidates across the political spectrum can sign on to."

As budget ideas go, there's one that makes a lot of sense.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

ZOOM

Oscillate wildly



EXTRACTED FROM SHAKE, BY CARLI DAVIDSON, PUBLISHED BY HARPERDESIGN © CARLI DAVIDSON 2013

SHAKE it

An animal photographer has captured the amusing and absurd facial expressions made by dogs as they frantically shake water off themselves. Carli Davidson, 32, from New York, photographed 61 charming dogs while they were in mid-oscillation. Her entertaining portraits now feature in her new book SHAKE. **METRO**

Q&A with photographer

'You can't trick them'

How do you capture the animal's personalities so well?
It's what I'm looking for in all my photography. The feeling behind the image is what's important to me, an expression the viewer can anthropomorphize. I spend time getting to know the animals, and making them feel as relaxed as possible so they show their true character.

What are the biggest differences between a human shoot and a canine one?
Animals work 100 per cent on instinct; you can't trick them, so if you are not committed to the shoot they won't perform. They can sense your stress and they respond to it accordingly. So much about working with animals is about being in the moment with them, listening to their needs. This is similar with people, but we can just ask people what they need. With animals you need to create a dialogue based on instinct and respect. **ANTHONY JOHNSTON/METRO WORLD NEWS**

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Just because you don't know your Baco Noirs from your Pinot Noirs doesn't mean you have to look like a dolt in front of your pals with more sophisticated palates. With a quick scan of your smartphone, you can now get the Coles Notes of wine faster than you can say Gewürztraminer.

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Similar to Vivino (snap a pic and voilà! tasting notes), but with more emphasis on design. Plus, the delectable blog offers non-smartphone users a chance to catch up on the who's drinking what. iPhone only.

Drync:
This app takes wine lists a step further. Specifically, to your doorstep. Take a photo of the bottle, rate it and order it. iPhone only.

Tweets

A squirrel in Iowa is allegedly responsible for vandalizing a college professor's bicycle. If found guilty, what should its punishment be?

@WpgNHLAddict: repay the professor for bike repairs in acorns and nesting material #coldandhungry-winter #squirrelsgold

@MiroslavGlavic: Squirrel BBQ. #iamhungry

@SeoulShakin: Obviously 10-20 in the Nuthouse.

@mtnbvan: "Death by cyclepath"

@jnevills: sentenced to 12 months without nuts and 6 months of tree arrest. No opportunity for parole.

@kim11koi: To catch the squirrel you must become the squirrel.

@CycleLdnont: No punishment. It only continues the nutty cycle.

@ac_awesome: 100 hours of commu-nutty service. #nailedit

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In the animated film Free Birds, turkeys voiced by Owen Wilson, Woody Harrelson and Amy Poehler aim to get turkey off the holiday menu for good. CONTRIBUTED

When turkeys fight back

Avian revenge fantasy.
A pair of angry birds go back in time to save their kind from Thanksgiving

NED EHRBAR
Metro World News in Hollywood

Parks and Recreation star Amy Poehler's latest feature film venture, Free Birds, follows a pair of turkeys using a stolen time machine to steer the first Thanksgiving menu away from their ancestors. But Poehler has plenty to concern herself with in the present day. We spoke with Poehler just before some good and bad news broke for her: First, that she and Tina Fey would be hosting the Golden Globes for the next two years, and then that NBC was pulling Parks and Recreation from its schedule for three weeks.

Even considering the main characters are turkeys, is this really the best use for time-travel technology?
Well, once we start breaking down animated films and the way that they should better use their technology, I think we're really going to paint ourselves into a corner.

You're managing to squeeze in a lot of film work between seasons of Parks and Recreation.
It's fun to do different things. My schedule with Parks is almost like a nine-month schedule with breaks in between, so I have lots of opportunities for hiatus stuff to do. And animated stuff, you can kind of do that on your hiatus and breaks in between. I filmed a couple of things last summer and the summer before that quite a bit. It's always fun to try to squeeze in what you can when you can.

What sort of projects are you keeping an eye out for?
Well, I don't know. Right now we're gearing up toward our 100th episode, so right now I'm like real Parks brain, just enjoying being on set for that. And then what happens after the new year in the spring, I'm not sure yet.

Yours was one of a very few comedies that NBC didn't cancel last year. That must feel at least a little reassuring.
Yep, NBC has supported us by keeping us on. We appreciate that. Because I would rather do the show than not do the show, that's what I've learned. So many shows have come and gone while we've been there. We're kind of like the patient who watches the other patients die on the table. We've been lucky.

Certainly it's tough sometimes to just not know your fate all the time, and we've certainly never been a show where we knew our fate, but because of that I think it's just made us put our heads down and try to control the things we could, which was the work and the writing and the show. I'm really proud of the show. I would watch it if I wasn't on it, which is a nice thing for me to be able to say honestly.

How do you think your character on the show, Leslie Knope, would've responded to the recent U.S. government shutdown?
We were laughing about it. We basically did this in Season 3, which is Pawnee shuts down, but (during the real shutdown) she would've just been incredibly depressed. Like, in sweatpants, losing her mind.

It was fascinating to watch, but...
So depressing. My biggest fear is that it will just lead to ambivalence and lethargy, which is the worst, which is the ultimate killer. But I do think that young people continue to be constantly encouraged. Sometimes other people's stasis encourages young people to get angry, and that's always good.

Amy Poehler GETTY IMAGES

Free Birds director

Jimmy Hayward talks turkey

Jimmy Hayward GETTY IMAGES

"There are some gross traditions in American Thanksgiving," says Jimmy Hayward, the Kingston, Ont.-born, Los Angeles-based director of the animated Thanksgiving comedy Free Birds. "Stuff I didn't eat as a kid. Yams with marshmallows is an excellent example of that."

Food choices aside, the director compares the U.S. holiday to Christmas in Canada. "I think in Canada, Christmas is for everybody of all sorts of religions and creeds. It's almost the same sort of holiday as Thanksgiving is here (in the U.S.). It's the holiday where everybody takes the most time off work and really make sure they travel where people belong."

In the movie Owen Wilson voices Reggie, a loner turkey kidnapped by Jake (Woody Harrelson) a zealot member of the Turkey Freedom Front, who takes him back in time to Plymouth Colony in 1621 just days before the first Thanksgiving to take turkey off the menu.

The plot sounds PETA-approved but Hayward says, "the fact that a bunch of meat eaters are working with a vegan to make this movie illustrates that none of us have an agenda.

"We were setting up to tell a funny and endearing story about these characters. The real message is, pay attention to the people that are helping you through life at the holidays. Stop and take a moment to appreciate that."

RICHARD CROUSE/FOR METRO NEWS

Weekend box office

- Apparently, astronauts are no match for Jackass. According to studio estimates Sunday, Paramount's Jackass Presents: Bad Grandpa tops the weekend box office with $32 million US, sinking three-week champ Gravity to second place.

THE ASSOCIATED PRESS

How Leto was ‘seduced’ back to the big screen

Film. The chance to play a transgendered HIV patient in a non-clichéd way was too big an opportunity for the rocker to pass up

Playing Rayon

“(When) I read the script, I said, ‘Oh, I could do this in way that has some dignity and grace, and there’s a real person there.’ ” Jared Leto

Jared Leto GETTY IMAGES

NED EHRBAR
Metro World News in Hollywood

A thriving career as a rock star is a pretty valid reason to stop making movies, so Jared Leto understands why people stopped sending him screenplays to consider.

“Yeah, they got the point after a while,” he says. “But what a weird thing to do. I’m not so sure many people do that by choice — not work for that long.”

What finally brought him back was Dallas Buyers Club — more specifically Rayon, the character he could play in it, a slinky and sarcastic transgendered HIV patient in 1980s Texas who teams with Ron Woodroof (Matthew McConaughey) to access better AIDS-fighting drugs not yet available in the U.S.

“I got seduced by Rayon, you know? I thought, what a steep climb that would be,” Leto says.

“It’s a composite, it’s not based on a real person — but I think that she ended up being a real person. I think that character has been represented in film so many times in a way that’s stereotypical, and I was intent on not putting a cliché up on screen.

“I think that’s one of the opportunities that I saw when I read the script. I said, ‘Oh, I could do this in a way that has some dignity and grace, and there’s a real person there.’ ”

While McConaughey’s staggering weight loss for the role has been well-documented, Leto was no slouch either. “I lost over 30 pounds and then I stopped counting, because it didn’t matter,” he says. “Really the weight for me is about how it affects me on the inside. It changes everything about you. It changes how you walk, how you talk, how you laugh, how you breathe, your choices in a scene. You may lean up against somebody as you’re talking because you’ve got no energy. It’s a transformative thing.”

It also wasn’t necessarily a new experience for Leto, who dropped a similar amount of weight for Requiem for a Dream in 2000. “I’d also gained a lot of weight for a little movie called Chapter 27,” he adds. “I’d gained 60 pounds. That’s about a 90-pound difference between the two, like a whole person, you know?”

With plenty of awards season speculation around his performance, Leto’s return to film is turning out to be a fairly time-consuming one.

But will audiences have to wait another six years to see him in another? “I don’t know,” he offers with a shy smile. “I haven’t really thought about it.”

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Legendary Lou Reed was never content to compromise

In memoriam. Rock pioneer and Velvet Underground leader, who has died at age 71, had undergone a recent liver transplant

PAT HEALY
Metro World News in Boston

Lou Reed, the punk-poet of rock 'n' roll who profoundly influenced generations of musicians as leader of the 1960s cult band Velvet Underground and remained a vital solo performer for decades after, has died.

Reed's literary agent Andrew Wylie says the legendary musician died Sunday morning in Southampton, N.Y., at age 71 of an ailment related to his recent liver transplant.

The singer and guitarist first attracted attention as the leader of the Velvet Underground, a group that gained notoriety as an Andy Warhol project and combined a sense of the avant-garde with pop music. With Reed's poetic lyrics and the band's always experimental (and sometimes dissonant) approach, they arguably serve as the starting point for alternative rock music.

Though the band was not commercially successful, its influence was widespread, historically on the left-of-centre, resulting in the oft-quoted adage that though not many people bought the band's first album, everybody who did ended up starting a band.

The Velvet Underground was inducted into the Rock and Roll Hall of Fame in 1996.

After the Velvet Underground, Reed went on to collaborate with David Bowie in the 1970s, finding chart success with Take a Walk on the Wild Side and carving out a niche for himself in the glam rock movement.

But as an artist, Reed was never content to compromise or to even do what his growing fan base expected.

Over the years he released many albums that listeners and critics alike had difficulty with, such as 1975's Metal Machine Music, which consisted of more than an hour of feeding back guitars that sounded like what its title implies.

Other projects were also met with fierce criticism, such as his 2003 Edgar Allen Poe-inspired The Raven and his final release, a 2011 collaboration with Metallica entitled Lulu.

But for every unexpected left turn his muse took, Reed remained a figurehead for the movement he started and his tours were always successful.

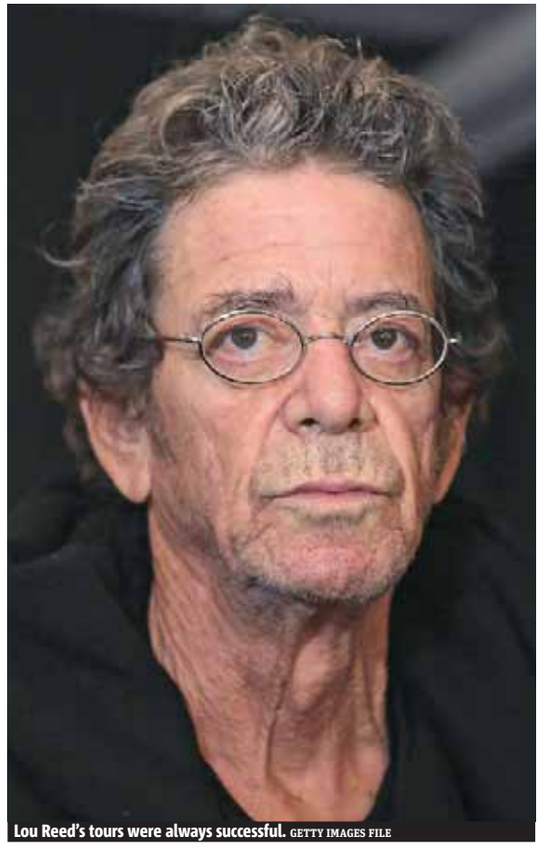
For a time Reed was infamous for his substance abuse, but he had cleaned up in his later years, finding new inspiration in Tai Chi and his third wife, artist Laurie Anderson.

He underwent a liver transplant earlier this year, which Anderson had said was "as serious as it gets. He was dying."

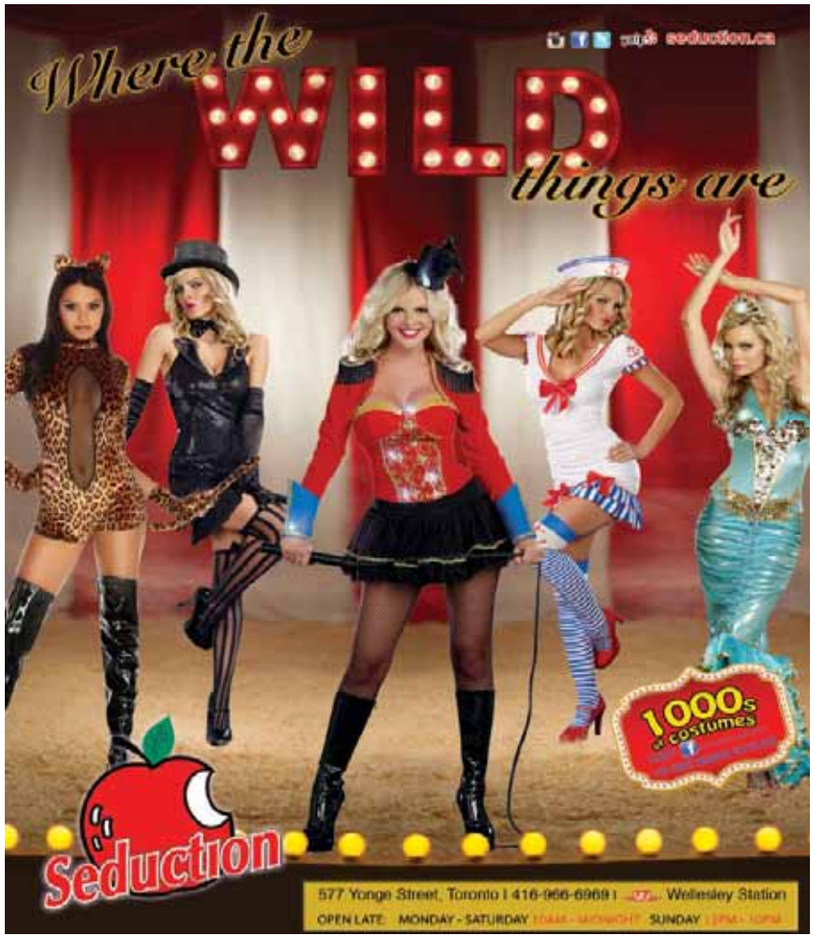
His legacy will live on in the songs he has left behind — in his own magnificent versions and in cover versions by the likes of U2, Joy Division, Nirvana and David Bowie. WITH FILES FROM THE ASSOCIATED PRESS

Last gigs

- Reed stayed invested in the arts until his death, mentoring younger artists and even taking the time to write a review of Kanye West's Yeezus on The Talkhouse website.



Lou Reed's tours were always successful. GETTY IMAGES FILE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He's cute, but does he think? Becksistentialism says yes

Philosophy. After the soccer icon's move to Paris, a professor felt it was time to document his internal monologue

KIERON MONKS
Metro World News

Sport has never known a global icon like David Beckham, a perfect marriage of clean-cut glamour and a stellar record on the soccer field.

But as Goldenballs made his final move to Paris last year at 37, a French philosophy professor wondered if the city of Sartre, Camus and Proust would raise feelings of mortality in the superstar.

The result was Becksistentialism — a diary of Beckham's "internal monologue as he collides with the Parisian intellectual tradition" featuring encounters with classic philosophers and French actor Eric Cantona. The online series became a hit and ahead of delivering a lecture on it, author Andy Martin of Cambridge University told us more.

What makes Beckham a good subject? Is he a blank canvas?
That's right to an extent but he's also good because he acts philosophically without being articulate. There are messages in his tattoos and haircuts. He's also a bit irresistible as a subject because he is seen as not thinking, which is probably a mistake, and I rectify that.

Is the Parisian philosophy scene a descent into hell or an awakening for him?
He's in a transitional state at the end of his footballing career and his quest is now to define himself as an individual. He's in the twilight, and while Alex Ferguson wants him to only be The Footballer, Beckham doesn't want to be confined by such a simplistic definition — he has divergent, conflicted selves. One reason for his being a good ambassador is that he never says anything offensive, but I can do it on his behalf.

Which philosopher is he closest to?
It would have changed at different times, but Sartre's "Hell is other people" line summarizes his relationship with Ferguson.

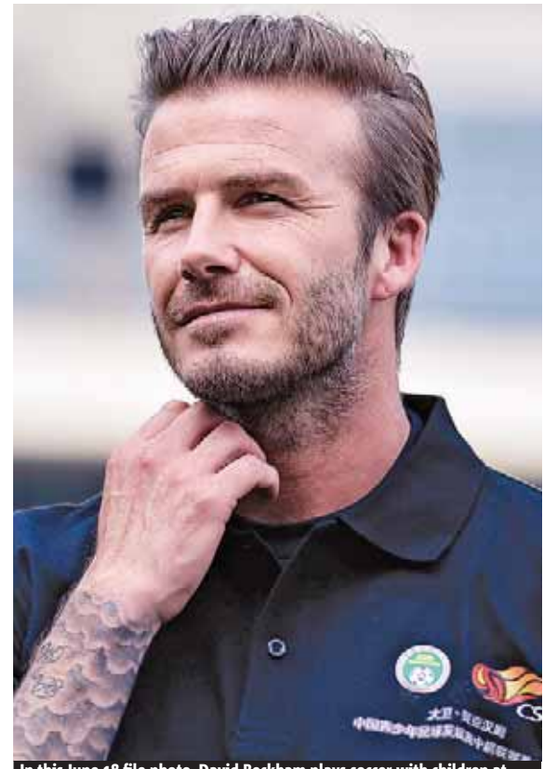
What sort of reaction are you expecting when Beckham hears about this?
I think he has a good sense of humour and would take it well. People forget that philosophy is all about jokes. Also he would find it sympathetic and not satirical; trying to understand his mind and soul in the terms of French philosophy, which humanizes him more than the blond bimbo he is portrayed as.

I want to liberate him, and at the same time bring French philosophy down to Earth by embodying it and helping people understand it through him.

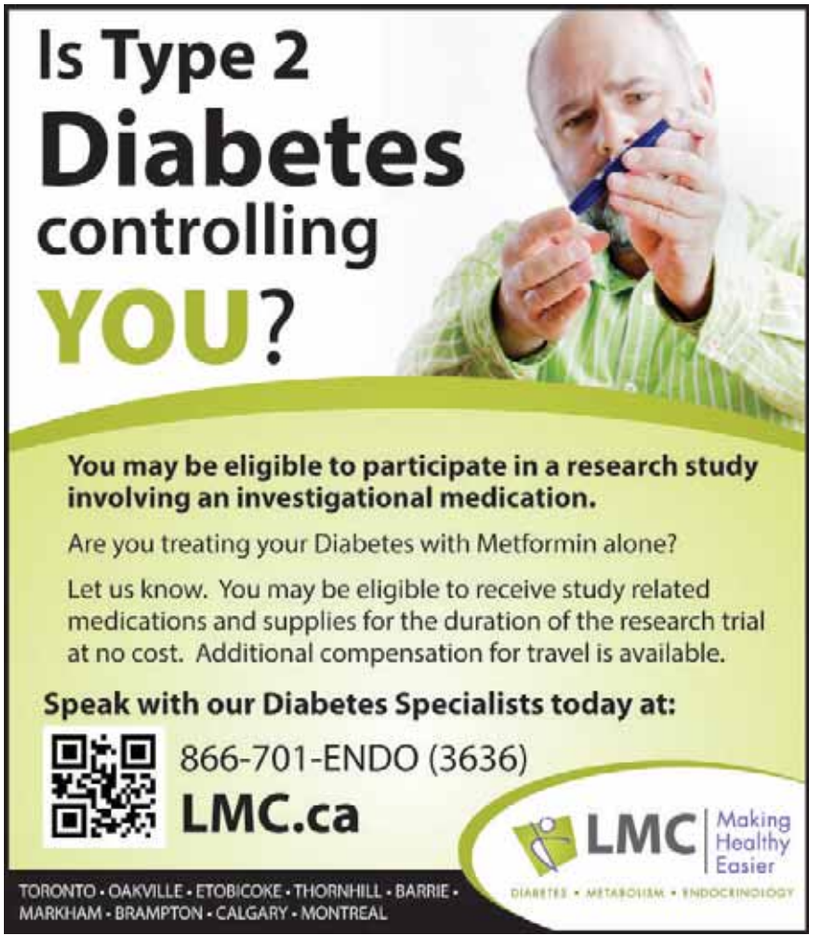
Les miserables of sport

Who else needs this philosophical treatment?

- "The first figure I thought of was Eric Cantona but also Andy Murray, because he is rather miserable and doesn't express himself," says author Andy Martin. "He's like listening to bagpipes."
- For more, visit becksinparis.tumblr.com.



In this June 18 file photo, David Beckham plays soccer with children at Nanjing Olympic Sports Centre in Nanjing, China. The superstar is best known for scoring and squeaking, but now a professor is imbuing him with a dark side. CHINAFOTOPRESS/GETTY IMAGES FILE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Recipes for the Absolutely Terrified

Step your food game up. Far from joking, Jessica Seinfeld tackles the cooking-challenged with third cookbook, The Can't Cook Book

Jessica Seinfeld's first two cookbooks Deceptively Delicious and Double Delicious showed parents how to sneak vegetables into their kids' meals.

She may have helped some families, but she realized there still were plenty who wouldn't try her recipes — or any recipes — because of their fear of the kitchen.

That made her think: "'You know, I haven't solved this problem,' which is the fear of going into the kitchen and turning on the stove or shopping for the right ingredients ... I like to solve problems, so I said, 'I'm going to look into this.'"

The result is The Can't Cook Book: Recipes for the Absolutely Terrified.

A lot of people who don't cook regularly will tackle a really ambitious recipe with a lot of ingredients or prep and then get overwhelmed. Are your recipes easy to follow?

I created these with just a few ingredients because I don't like to cook with a lot of ingredients and for beginners you really get tripped up the more steps you add in and the more flavours you add in. I really just try to use a few high quality ingredients that people can find pretty much anywhere.

When did you start cooking?

I've been cooking since I was really young. My mom would call me before she left work and kind of tell me, 'Here's how you do this and this is how you help me get started with dinner.' Dinner would sort of be halfway ready for her. And then she would leave me sticky notes when she got ready in the morning sometimes and as I got older

I could just really help her get the meal going before she got home.

Also, there's a sense of accomplishment that comes with cooking for yourself.

It's a good thing to be in control of and a basic life skill in a way that you can take care of yourself. It's more economical, it's better for you and in the end, personally I hate not being good at something. I hate feeling like, 'Oh, I can't do that.'

Going back to your first two cookbooks, do you still have to hide vegetables from your kids?

No! Luckily my kids eat vegetables now and they want salad every night. It's incredible for me that it worked.

Are you mindful that you're in this position where you don't have financial stress (being married to Jerry Seinfeld)?

Oh, for me in my life to not have financial stress, I don't even know what to do with that. It's really one of the things that motivated me to start Baby Buggy (a non-profit organization that distributes new and gently used essentials to families). I felt so overwhelmed to not have financial stress that I couldn't get it out of my head. I'm very aware of what things cost. I've given that to my children because the first thing they ask is, 'Is that expensive? Is that too expensive?' Not having financial stress for me is actually stressful. THE ASSOCIATED PRESS

Jessica Seinfeld
THE ASSOCIATED PRESS

Review

Making tragedy entertaining

Ghost Brothers of Darkland County By Stephen King

iBooks for iPad

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

It may be the Devil setting the McCandless family at each other's throats, but when they burst into song its John Mellencamp and T-Bone Burnett playing their strings. King's script for a Country musical about cursed brothers would be a confusing read if not for its music, animation, and all-star cast. More folksy than spooky, it's oddly entertaining.

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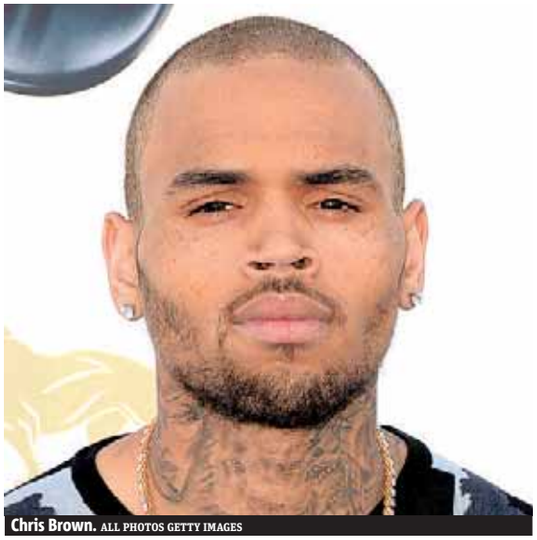
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Chris Brown. ALL PHOTOS GETTY IMAGES

Chris Brown charged with felony assault

Chris Brown was arrested early Sunday in Washington, D.C., after a fight broke out near the W Hotel, police said, complicating an already snarled legal history for the Grammy Award-winning R&B singer.

Brown, 24, was charged with felony assault in an incident that started just before 4:30 a.m., D.C. police spokesman Paul Metcalf said Sunday morning. Chris Hollosy, 35, also was arrested on felony assault charges, Metcalf said. Police believe the two men were together during the incident but said they couldn't confirm any relationship between the suspects.

Brown and Hollosy were being held in police custody until Monday, Metcalf said.

A man was injured in the fight and reportedly taken to a hospital, police said, but they did not identify him or give details on his injuries. It was not clear whether the victim was taken by ambulance or another vehicle.

He had been released from the hospital as of early Sunday afternoon, Metcalf said.

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The Word

Bieber doesn't always screw up, but when he does ...

STARGAZING
Malene Arpe
scene@metronews.ca

Justin Bieber is photographed drinking a Dos Equis in Texas where, by the way, the legal drinking age is 21. Justin doesn't always drink beer, but when he does it's always supericky and he wishes he'd asked for a Fanta.

According to the Daily News, someone connected to Planet Hollywood says staff were provided with a list of evasive answers to use if asked whether

Britney Spears sings live at her upcoming shows. They include: "You are pretty. Your hamster looks very soft." "I'm afraid of interest rates." "I don't care for spinning classes" and "have you tried our endless shrimp?"

Rumour has it Tim Burton will be making Beetlejuice 2. Which explains why Michael Keaton has been asking Robin Thicke for his suit back and sending threatening letters to Johnny Depp.

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THE COMEDY RAT PACK EDITION

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Toronto portion of contest closes November 4, 2013. Open to Canadian residents, excluding Quebec, 21 years or older. No purchase necessary. Odds of winning depend on the number of eligible entries. Go to www.clubmetro.com to enter and fill out entry form, including skill-testing question. There is one (1) Grand Prize of a trip for two to Las Vegas, which includes return airfare, six nights of hotel accommodation at The Las Vegas Hotel and Casino, two tickets to see comedian Carlos Oscar at The Shimmer Cabaret Room and dinner for two at Vince Neil's Tatuado, valued at approximately $6,000 CAD (based upon departure from Halifax, actual value may vary depending upon time and year of departure).

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Book excerpt

Homework 101

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Let's break this down a bit, shall we?

Homework is work to be done at home. Whether it's work that should have been done in the classroom or work specifically designed to be done at home, there's one commonality that all children's homework shares: it's their homework. They need to do it.

You doing it for them is like having the supervisor come over to your production station and doing your job while you watch.

Resist the urge to have your child turn in perfect homework that's only perfect because you did most of it. If the teacher doesn't know where/how they are struggling, they can't help them in the classroom.

Also, don't be a homework nag. You're not the one who has to explain to the teacher why it's not done, and you're not the one who misses recess because of it. Let this happen once and see how quickly they get the message.

EXCERPTED FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS (MCCLELLAND & STEWART, 2013), WHICH HAS RECENTLY BEEN OPTIONED BY WARNER BROTHERS TELEVISION. AVAILABLE AT CHAPTERS, AMAZON AND WHERE BOOKS ARE SOLD. VISIT KATHYBUCKWORTH.COM

Exclusively online

Halloween: Every mother's worst nightmare. Find out why with exclusive Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious bestselling book Reasons Mommy Drinks, at metronews.ca/voices

Join the laughter on twitter @mommyreasons

Halloween: Scariest day of the year for health-conscious parents

Tips. There are ways to keep the candy-filled occasion fun and healthy

ANISA ARSENAULT
Metro World News in New York

Halloween is a good time to involve kids in healthy eating discussions. ISTOCK

With mountains of candy, Halloween can be a nightmare for parents.

Traci Paige Johnson, creator of Blue's Clues, offers suggestions for a fun and healthy Halloween. And if you're wondering what the voice of Blue is up to now, she's pioneering Yummiloo, an interactive musical food adventure series (currently an app, soon to be a show) designed to teach kids about healthy eating.

Before you equate Yummiloo's mission with "ruining Halloween," keep in mind Johnson advocates candy in moderation. In fact, she says making sweets totally off limits will only result in an eventual binge.

"If you make candy an absolute no, then it becomes more enticing," Johnson says. "It's all about balance, all about enjoying the holiday and not being too taboo or negative about the candy. Embrace it, and use it as a teaching moment for kids."

When it comes to healthy eating and rationing candy, make sure that kids are part of the process. "You can sit down together and figure out how much candy is good for a day," Johnson says. "Maybe it's one little candy bar and two Smarties. Also, if they have a piece of candy, it's good to serve it with a glass of milk or a little cut-up fruit to fill them up."

Inevitably, you're going to have more candy than you can even think about eating. Johnson recommends cutting some up, freezing it, and using it to cook with later on. "Use it again when you're making oatmeal cookies or just sprinkle some on your oatmeal," she suggests.

Johnson encourages parents to cultivate healthy eating habits in kids, but ultimately just enjoy Halloween. "The trick is to balance and have things in moderation," she says. The trick is to allow treats.

Candy-free activities

- **Pumpkin volleyball.** "Take orange balloons and have your kids draw on Jack-o'-lantern faces with black Sharpie, and sort of play volleyball," Johnson says.
- **Arts and crafts.** "Collect leaves and acorns or anything from nature, and glue it on gourds or pumpkins to make creatures," she says.

Spooky wreaths are as easy as old newsprint

Keep it spooky-classy. CONTRIBUTED

What's black and white and orange all over? Creative Halloween decorations made out of newspaper. Black and white newsprint is a perfect starting point for spooky crafts such as a wreath. Here's how.

1. Cut several sheets of newspaper into one and a half inch strips. Wrap them around the wreath form, overlapping each strip slightly, until it is covered. This will make it less obvious if there are gaps between the paper flowers that will be glued on later.

2. Stack three sheets of newspaper and trace a small salad plate on the top layer as many times as it will fit. Cut circles out of all three layers.

3. Hold three paper circles together in a stack and starting at the outside edge, cut through all layers in a spiral shape, moving from the outside toward the centre. Try to keep the width of the resulting spiral-shaped strip consistent — about 3/4 of an inch — but it doesn't have to be perfect. Real flower petals aren't!

4. When you get close to the centre, make the end of the spiral a quarter-sized circle. This will become the base of the flower.

5. Starting from the outer edge of the spiral, start rolling the paper strip around itself. Roll the centre fairly tightly, and then the rest looser to form the outer petals.

6. When you get close to the end, flip the flower upside down on your work surface (it will resemble a tiny lampshade at this point) and apply glue to the base of the flower. Press it against the rolled up paper to securely adhere the coiled paper to the base.

7. Repeat steps 2-6 to make enough flowers to cover your wreath.

8. Use hot glue to attach flowers to the wreath, placing them close together and avoiding gaps. Embellish as desired.

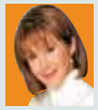
THE ASSOCIATED PRESS

Materials

- Newspaper
- Foam wreath form
- Hot glue gun and glue sticks
- Scissors
- Mini pumpkins or other embellishments

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

While grabbing dinner at a fast food place is a treat for kids, be careful what you allow them to order.

Wendy's chicken fingers, fries and chocolate Frosty

590 calories / 26 g fat
These choices give them little nutrition as a meal.

Equivalent

Wendy's chicken fingers, fries and a chocolate Frosty are equal in fat to eight cups Kraft Dinner Mac and Cheese.

Wendy's kid's hamburger with a strawberry yogurt

320 calories / 12 g fat
The kid's burger with strawberry yogurt is a much better offering.

Hit (or two) of curry elevates Parsnip and Apple Soup

Apples and parsnips go really well together and offer a perky taste of autumn.

You can decrease or increase the amount of curry powder to suit your taste. If you cut back on the curry, grated fontina or white cheddar can be sprinkled over top just before serving. If you like a stronger curry flavour, use 10 to 15 ml (2 to 3 tsp) of curry powder.

You can reduce the saturated fat by substituting vegetable oil for the butter and using homogenized milk instead of cream.

Ingredients

- 45 ml (3 tbsp) butter
- 1 large cooking onion, peeled and diced
- 5 ml (1 tsp) curry powder
- 4 parsnips, trimmed and cut into 1-cm (1/2-inch) pieces
- 1 carrot, peeled and diced
- 2 Granny Smith apples, peeled, cored and diced
- 1 l (4 cups) vegetable stock
- 250 ml (1 cup) cider (approx)
- 250 ml (1 cup) 35 per cent cream
- Sea salt and white pepper, to taste

1. In stock pot, heat butter over medium heat. Add onion and cook until soft. Add curry, parsnips, carrot and apples and cook for 5 minutes, stirring.

2. Add stock. Bring to a simmer and cook at a low simmer for 25 to 30 minutes or until vegetables and apples are tender.

3. Purée soup with an immersion blender until smooth.

4. Add cider and cream. If soup is too thick, add more cider, 125 ml (1/2 cup) at a time, until desired consistency is reached. Season with pepper and salt.

5. Ladle into warm soup bowls, garnish with apple slices and a small sprig of thyme and dollop of mild goat cheese. **THE CANADIAN PRESS/JILL'S SOUPS BY JILL WILCOX (2007).**

This recipe serves eight. THE CANADIAN PRESS/ JACKIE NOBLE

Sure, that's a good cover letter, but how many likes does he have?

Resumés being replaced? New graph search tools allowing employers to find potential prospects on Facebook

VICKI SALEMI
Metro World News

The next time you're surfing Facebook, you may want to spruce up your profile in the spirit of landing a new job. Work4 Labs, a software company developing Facebook recruiting applications, has launched a graph search tool for recruiters. And if its CEO has his say, it will apparently give other social networks stiff competition.

According to Work4 CEO Stephane Le Viet, "LinkedIn covers a slice of the market that's very valuable, but it doesn't cover everything," he says.

Taking retail, hospitality, health care and other industries into account, their workers may not lean on an online professional network to propel their careers.

"They don't carry around business cards (and) they don't use their professional network to enhance what they're doing at work. But pretty much all of them have a profile on a social network, and for the majority of them that's Facebook."

Le Viet points out that users also have friends online, thereby building a robust referral network. "Recruiting has always been about fishing where the fish are," he says. If you're among the 1.15 billion monthly active users on Facebook, then you're swimming in an abundant school of fish that employers are tapping into.

What would a recruiter interpret about you as a person after pulling together all your current Facebook information? ISTOCK

The latest product to emerge from the San Francisco-based company is a tool that uses Facebook's graph search function to connect job searchers with possible employers.

Launched earlier this month, it allows companies with subscriptions ($1,500 annually per recruiter) to click on a job in their interface and message candidates. "Let's say you're searching for a developer at Google: You click on the job on a developer position that's in our interface, you say, 'Show me the candidates' and it shows you the candidates automatically."

Although it's too soon for clients like Pepsi and Groupon to report hires, the new tool allows recruiters to go "above and beyond the resumé." For example, talent acquisition folks looking for a cultural fit can drill into candidates' interests.

Le Viet points out that "for a company like the Gap, they're hiring a lot in stores around the world. They want people who like fashion; they don't want people in the stores who hate clothes. You want people who will have some type of affinity to your brand or to brands (that) are similar. Facebook allows you to do that, so if you're a fan of Banana Republic, they're interested in you because they're in the same ecosystem."

Given this new era of hiring, what does it mean for the resumé? "Resumés are being overtaken by social profiles and your social footprint. I think people will get more and more educated and make sure that everything they display in a public manner is clean."

You're hired!

Stephane Le Viet's tips for Facebookers looking to get a gig with Work4:

- **Review your public:** "Make sure you're comfortable with it. Don't look at it in the perspective of only removing content."
- **Add information:** "This will make you findable. This will also make your public profile look richer. Add where you studied and your major, where you work and past work experiences."
- **Add special skills:** "It's something where you can say, 'I'm an expert in marketing' or 'I have a professional skill in accounting' so people can find you better."

Aim for a page worthy of a few likes from your friends and employers alike. ISTOCK

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'Round the world wisdom

Focus on what you can control

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

When you sense that things are unravelling, be it at the workplace, or at home, get back to basics by asking yourself, "What can I control right now?"

First, assert your control over smaller, simpler things you can achieve. If you can achieve a few small successes they can, and will, amount to a big win over time. The reward lies in the fact that experiencing success in one area of your life can be the turning point, going on to impact other parts of your life.

In 2008 I found myself overwhelmed by the economy as it impacted every part of my life negatively. I consciously chose to turn my focus onto one element I felt I could control — my health. I declared I would be fitter than ever before within one year, reasoning that doing so would serve to boost my energy and clear my mind. If the negative economy persisted, I would at least have my health. I set a goal to do something only a fit person could do, running the desert, despite not knowing how to run. I took my first running steps in December 2008, and six months later ran 250 km across the Gobi desert.

So always ask yourself, when facing a big challenge, what parts of your life can you control?

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Who you tryin' to get crazy with, essay?

Don't you know I know my stuff? Study up on perfecting all your school papers

BRUCE WALSH
Metro World News

We asked professors around the country to give their advice on how to make your college essay stand out.

When editing your essay, pull it from your computer screen and piece through the writing in print. ISTOCK

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There is a reason reading aloud is an almost universal staple of composition classrooms: It works. A wide variety of research has shown that vocalizing your own writing causes your brain to process language in a different way. You hear mistakes you never would have caught otherwise.

"As a writing teacher, it's my number one go-to," says Josh Ambrose, director of the McDaniel College Writing Center.

"It's like when you listen to your own voice mail message, and you're like, 'That's not what I sound like.' There's always this disconnect between the voice we hear in our head when we're writing and the voice that comes out on the page."

Remember: It's not math

Nobody — not even James Joyce — can claim to be 100 per cent correct when it comes to grammar. (After all, he did exhibit some funky punctuation in Ulysses.) "It's an imperfect science. Some people try to make it as rigid as math, but that just confuses students — and makes them reluctant to write because they can't win," says David Robson, who teaches composition at Delaware Valley Community College. "Sure, there are hard and fast rules, but you need to bend them from time to time."

Go old-school

Research has shown that editing on actual paper helps the brain focus on the task at hand.

- "Your eye doesn't take the same care when engaging with a computer screen," says Samra Bufkins, a writing professor at the University of North Texas.
- "As soon as the words are on paper, things start jumping out. Your mistakes become more tangible."

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Sports in pictures

Lions roar back to round up Cowboys

NFL. Johnson's 329 yards receiving keeps Detroit in the game; Stafford's one-yard TD lunge wins it

Lions receiver Calvin Johnson leaps between Cowboys Jeff Heath, left, and Brandon Carr to make a 54-yard catch on Sunday in Detroit. Johnson had 329 yards receiving in the Lions' 31-30 win. LEON HALIP/GETTY IMAGES

Calvin Johnson thought Matthew Stafford was going to spike the ball for at least another snap.

The Dallas Cowboys did, too.

Stafford's one-yard lunge over a pile of linemen with 12 seconds left and Johnson's 329 yards receiving lifted the Detroit Lions to a 31-30 win over Dallas on Sunday.

"I was yelling that I was going to spike the ball," Stafford recalled. "But their linebackers were just standing there."

The Cowboys weren't just standing around letting Johnson make catch after catch, but he made them look helpless.

Johnson almost broke an NFL record, and could celebrate the feat because of a comeback from a 10-point, fourth-quarter deficit that some people who entered Ford Field didn't see because they had left.

"Even our fans didn't think we could pull this one out," he said. "They were leaving, but we knew we could do it."

Johnson's total trails only the 336 yards receiving Flipper Anderson had for the Los Angeles Rams against New Orleans on Nov. 26, 1989 in a game that went into overtime.

The Cowboys dared Detroit to throw to Johnson with a lot of one-on-one coverage. They usually asked cornerback Brandon Carr to do the improbable by defending him by himself, and sometimes attempted to slow him down with a zone.

"He had his way," Carr said. "And we couldn't find a way to keep him from rolling." THE ASSOCIATED PRESS

Around the NFL

Chiefs 23, Browns 17. Alex Smith threw for 225 yards and two touchdowns for the league's lone undefeated team at 8-0.

Raiders 21, Steelers 18. Terrelle Pryor ran 93 yards on the first play from scrimmage for the longest touchdown run by a quarterback, boosting Oakland to 3-4.

Broncos 45, Redskins 21. Peyton Manning overcame four turnovers and Denver scored the last 38 points in a come-from-behind win. Manning finished with 354 yards and four touchdown passes.

Bengals 49, Jets 9. Andy Dalton threw a career-high five touchdown passes — four of them to Marvin Jones.

1 CFL. Maybin an Argonaut

Aaron Maybin, a former first-round draft pick of the Buffalo Bills, joined the Argonauts' practice roster on Sunday, three days after watching Toronto's 36-21 home win over Winnipeg. THE CANADIAN PRESS

2 NHL. Sabres send Vanek to Long Island

The New York Islanders acquired forward Thomas Vanek from the Buffalo Sabres on Sunday night for forward Matt Moulson, a first-round pick in 2014 and a second-round pick in 2015. THE ASSOCIATED PRESS

3 Tennis. Serena seals WTA title over Li

Serena Williams ended her best season in style, coming from behind to beat Li Na 2-6, 6-3, 6-0 on Sunday for her second straight WTA Championships title. THE ASSOCIATED PRESS

NBA. Haters should only aid Raptors, coach Casey says

Raptors coach Dwane Casey THE CANADIAN PRESS

They may have been jokes but they cut to a competitor's heart and if Dwane Casey has his way, mocking the Toronto Raptors will provide a bit more motivation for his players as the regular season nears.

Suggestions — joking, perhaps — that the Raptors' season went in the toilet when the mascot suffered a season-ending Achilles tendon tear are providing fodder for Casey to rile up his team. The latest came in the New York Times, which lumped Toronto in with a handful of teams with no hope for the coming season, saying the injury to the mascot was an "omen."

There's my chippy

"We should play an entire season with a chip on our shoulder and if you don't, something is wrong." Raptors coach Dwane Casey

The coach did not take it well.

"That's total disrespect," Casey said Sunday afternoon. "We've got to have a chip on our shoulders; I've got a chip on my shoulder. If you don't, you shouldn't be in uniform because when people disrespect you like that and say the season went when the mascot went down, what does that say about us? It doesn't say a lot."

The Raptors, who haven't made the playoffs in five years, open the regular season at home Wednesday against the Boston Celtics as one of the teams in the mix for the last three Eastern Conference post-season slots. They'll go with the same starting five that finished last year — Kyle Lowry, DeMar DeRozan, Rudy Gay, Amir Johnson and Jonas Valanciunas. TORSTAR NEWS SERVICE

4 SPORTS

Leafs don't (Sid the) Kid around

David Clarkson and the Maple Leafs held the Penguins' Sidney Crosby in check on Saturday night at Air Canada Centre. Crosby failed to record a point and the Leafs won 4-1. CLAUS ANDERSEN/GETTY IMAGES

NHL. Buds shut down Penguins' top line, hold Crosby pointless for just 2nd time in 11 games

It felt like the old days for David Clarkson.

His mission, if he chose to accept it, was to help the Toronto Maple Leafs shut down Sidney Crosby on Saturday night.

"It reminded me of my first couple of years and playing with (Jay) Pandolfo and (John) Madden against those guys," Clarkson said, reminiscing about his time with the New Jersey Devils.

Clarkson, Mason Raymond and Dave Bolland, with help from defenceman Dion Phaneuf, were tasked with stopping the Pittsburgh Penguins' top line of Crosby, Chris Kunitz and Pascal Dupuis. The Leafs held Crosby and his linemates without a point.

Mission accomplished. It was just the second time in 11 games Crosby didn't register at least a point.

"We're not always worried about one guy, but when the coach had put our line out there against him we knew what he was doing," Clarkson said. "When the coach puts you out there to do a job and wanted us to shut down that line, you've got to take whatever direction the coach wants you to play or whatever you've got to do, you've got to take it to heart and that's your job for that night."

Previously only the Colorado Avalanche had kept Crosby off the scoresheet, and that was due in large part to a spectacular goaltending effort by Jean-Sebastien Giguere. The Penguins captain leads the NHL with 18 points.

"The amazing thing to me is how solid he's playing," coach Dan Bylsma said Saturday afternoon. "There's not a sniffing for offence or looking for goals or taking an easy way out. It's good, solid, hard hockey. We're counting on him right now to play against other teams' top lines and tough minutes and tough situations, and he continues to do amazing things."

Crosby was sharp early against the Leafs on Saturday night, but Bolland shadowed him and eventually the frustration seemed to build up. Bolland knew that was his role. "Just staying on top of him, just being sure you know where is and you know when he's on the ice," he said. "You've got to be ready."

THE CANADIAN PRESS

Around the NHL

Sharks 5, Senators 2. Alex Stalock stopped 38 shots in his first NHL start to lead San Jose to a 5-2 victory against Ottawa on Sunday.

Lightning 4, Panthers 3. Steven Stamkos and Valtteri Filppula both scored in the shootout to give Tampa Bay Lightning its fifth win in six games. Stamkos also scored in regulation.

THE CANADIAN PRESS/ THE ASSOCIATED PRESS

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Patrick Chan takes control of his life

Figure skating.
Canadian opens up on decision to detach from his mom after winning Skate Canada title

Canadian Patrick Chan
THE CANADIAN PRESS

Patrick Chan got an email from his mom Saturday night, wishing him good luck in his skate.

"I was like 'I already skated,'" Chan said, laughing.

Chan's mom Karen was travelling in Europe when he won his fourth Skate Canada International title Saturday. The trip was her way of "coping with the separation," the skater said, after he moved to Detroit without her — a split that wasn't a mutual decision.

"At the same time it was a transition of locations, and also a transition in my life, where I turned 22, (and thought) this is time for me to take ownership," Chan said. "At the time I didn't realize it, but it was a step I had to take for these Olympics even more so."

Chan's dad Lewis, a lawyer, was in Saint John to see Chan win gold, landing two huge quads in virtually demolishing the field.

But the absence of his mom was remarkable considering she'd basically been the boss of Team Chan for his entire career, acting as everything from his manager to his chauffeur and his cook.

The two lived in a hotel room together in Florida when he trained there, and when he changed coaches just prior to the Vancouver Olympics they moved together to Colorado Springs, where they lived until his move to Detroit last spring.

"I think any mother, especially with an only child and an only son as a child, it's very tough for them to let go, especially my mom, who has played a huge role in my career," Chan said.

Learning to fend for himself, he said, will help him in Sochi, after he found himself alone and a bit lost in the athletes village in Vancouver.

"I needed someone to guide me, and tell me 'Yes I should eat this, no I shouldn't eat this,'" he said. "Now I'm in control of everything."

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	11	8	3	0	39	31	16
Toronto	12	8	4	0	40	30	16
Boston	10	7	3	0	30	17	14
Detroit	12	6	4	2	27	33	14
Montreal	11	6	5	0	33	22	12
Ottawa	11	4	5	2	30	32	10
Florida	12	3	7	2	26	42	8
Buffalo	13	2	10	1	20	37	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	11	7	4	0	35	28	14
Carolina	11	4	4	3	25	33	11
NY Islanders	11	4	4	3	35	36	11
Columbus	11	5	6	0	31	29	10
Washington	11	5	6	0	32	35	10
New Jersey	11	2	5	4	24	36	8
NY Rangers	9	3	6	0	15	33	6
Philadelphia	10	3	7	0	18	27	6

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	10	9	1	0	32	14	18
Chicago	11	6	2	3	34	32	15
Minnesota	12	6	3	3	29	26	15
St. Louis	9	6	1	2	35	23	14
Nashville	12	6	5	1	23	32	13
Winnipeg	12	5	5	2	30	34	12
Dallas	10	4	5	1	26	31	9

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	12	10	1	1	48	20	21
Anaheim	12	9	3	0	39	31	18
Vancouver	13	8	4	1	38	37	17
Phoenix	12	7	3	2	40	39	16
Los Angeles	11	7	4	0	33	29	14
Calgary	11	5	4	2	34	39	12
Edmonton	12	3	8	1	35	48	7

Note: Two points for a win, one point for overtime loss.

Sunday's results
San Jose 5 Ottawa 2
Tampa Bay 4 Florida 3 (SO)
Anaheim 4 Columbus 3
Winnipeg at Colorado
Edmonton at Los Angeles
Saturday's results
Phoenix 5 Edmonton 4
San Jose 2 Montreal 0
New Jersey 4 Boston 3
NY Rangers 3 Detroit 2 (OT)
Toronto 4 Pittsburgh 1
Tampa Bay 3 Buffalo 2
Philadelphia 5 NY Islanders 2
Winnipeg 2 Dallas 1 (SO)
Minnesota 5 Chicago 3
St. Louis 6 Nashville 1
Calgary 5 Washington 2
Monday's games — All Times Eastern
Dallas at Buffalo, 7 p.m.
Pittsburgh at Carolina, 7 p.m.
Montreal at NY Rangers, 7:30 p.m.
Chicago at Minnesota, 8 p.m.
Washington at Vancouver, 10 p.m.

MLB PLAYOFFS

WORLD SERIES
(BEST OF 7)

ST. LOUIS VS. BOSTON
(St. Louis leads series 2-1)
Sunday's result
Boston at St. Louis
Saturday's result
St. Louis 5 Boston 4
Monday's game — All Times Eastern
Boston (Lester 15-8) at St. Louis (Wainwright 19-9), 8:07 p.m.
Wednesday's game
St. Louis (Wacha 4-1) at Boston (Lackey 10-13), 8:07 p.m.

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x-Ryan Moore, $1,260,000	63-72-69-70—274 (4)
Gary Woodland, $756,000	68-70-67-69—274 (5)
Kiradech Aphibarnrat, $406,000	67-69-69-70—275
Chris Stroud, $406,000	67-69-68-71—275
Aaron Baddeley, $280,000	73-67-70-66—276
Jimmy Walker, $252,000	74-68-67-68—277
Graham DeLaet, $218,166	**72-67-68-71—278**
Harris English, $218,166	71-67-71-69—278
Charles Howell III, $218,166	69-72-69-68—278
Also:	
David Hearn, $14,070	**72-70-73-81—296**

CFL

WEEK 18

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Toronto	17	11	6	0	487	435	22
x-Hamilton	17	9	8	0	416	461	18
x-Montreal	17	7	10	0	436	451	14
Winnipeg	17	3	14	0	354	548	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Calgary	17	14	3	0	542	387	28
x-Sask.	17	11	6	0	493	368	22
x-B.C.	17	10	7	0	478	454	20
Edmonton	17	3	14	0	391	493	6

y — Clinched division title
x — Clinched playoff berth
Saturday's results
Calgary 29 Saskatchewan 25
Hamilton 27 Montreal 24
Friday's result
B.C. 43 Edmonton 29
Thursday's result
Toronto 36 Winnipeg 21

NFL

WEEK 8
Sunday's results
Kansas City 23 Cleveland 17
New Orleans 35 Buffalo 17
New England 27 Miami 17
Detroit 31 Dallas 30
N.Y. Giants 15 Philadelphia 7
San Francisco 42 Jacksonville 10
Oakland 21 Pittsburgh 18
Cincinnati 49 N.Y. Jets 9
Arizona 27 Atlanta 13
Denver 45 Washington 21
Green Bay at Minnesota
Monday's game — All Times Eastern
Seattle at St. Louis, 8:40 p.m.

MLS

Sunday's results
Houston 2 D.C. 1
New England 1 Columbus 0
New York 5 Chicago 2
Vancouver 3 Colorado 0
Los Angeles at Seattle
Saturday's results
Toronto 1 Montreal 0
Kansas City 2 Philadelphia 1
Portland 5 Chivas 0
San Jose 2 Dallas 1
(End of MLS Regular Season)

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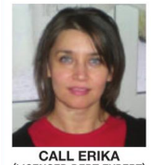

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Horoscopes

♈ Aries
March 21 - April 20
You cannot expect to control each and every situation in life and if you do then disappointment is inevitable.

♉ Taurus
April 21 - May 21
Your energy and enthusiasm are high, thanks to the influence of Mars in the most dynamic area of your chart, but what you start you will be expected to finish, so don't take on too many new projects.

♊ Gemini
May 22 - June 21
You may be eager to get going and prove yourself but cosmic activity in the work and wellbeing area of your chart means you must not do too much.

♋ Cancer
June 22 - July 23
If you push too hard you may turn people against you. It will pay you to keep your activity limited, at least until midweek when the approaching influence of the eclipse will spur you into action. Save yourself for then.

♌ Leo
July 24 - Aug. 23
Set your sights high and don't accept second best. Some people, including those you love, may tell you that you should rein in your ambitions but that's nonsense.

♍ Virgo
Aug. 24 - Sept. 23
What you say and do over the next few days will, to a large extent, decide your fate for the remainder of the year. These are serious times and the universe has serious tasks for you to perform.

♎ Libra
Sept. 24 - Oct. 23
There are so many things you want to do but if you rush you may peak too soon, so pace yourself sensibly.

♏ Scorpio
Oct. 24 - Nov. 22
As far as you are concerned the world is divided into two kinds of people: winners and losers. You, of course, are one of life's winners and what you do over the next few days will prove it. Be brilliant!

♐ Sagittarius
Nov. 23 - Dec. 21
You may not care what the world thinks about you but if you are smart you will pay attention to what those closest to you say.

♑ Capricorn
Dec. 22 - Jan. 20
Listen to advice from friends and family but listen to your inner voice too. Whatever questions you may have, the answers can be found in your own heart as much as in the wider world – and they're more reliable.

♒ Aquarius
Jan. 21 - Feb. 19
The planets urge you to push your fears and doubts to one side and step boldly into the public domain. You may by nature prefer to stay out of the spotlight but you also have an important message for the world.

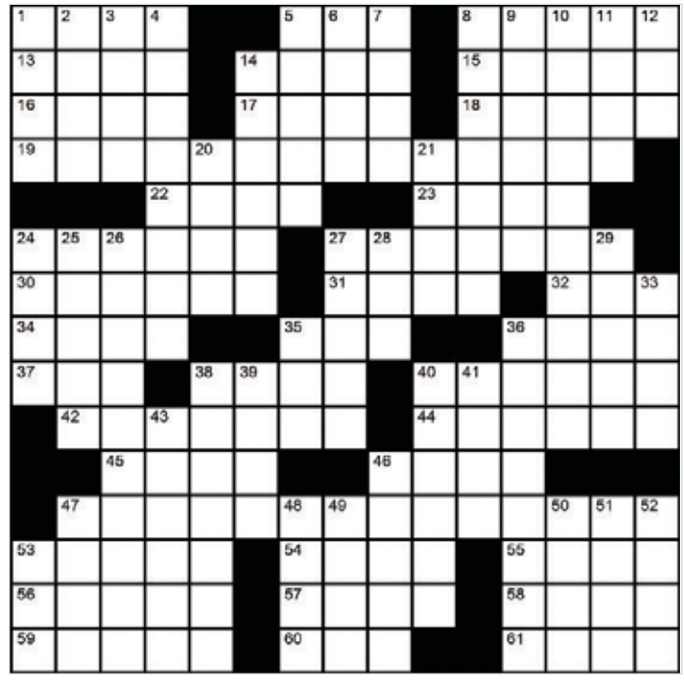
♓ Pisces
Feb. 20 - March 20
So many things are uncertain at the moment but one thing is for sure: whatever setbacks and upheavals you may encounter you will come up smelling of roses.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Mike Myers' directorial debut, "Supermensch: The Legend of __ Gordon" (2013)
5. Canadian hwy. miles
8. Not __ __ (Not so distant)
13. __-hoop
14. TV series
15. Stage
16. "__ fair in love..."
17. Entreaty
18. Promotions guy, _ _ __
19. House of Commons time: 2 wds.
22. Tempo
23. Not a Teamster, e.g., __ _
24. Resist
27. 1972 Neil Young album
30. Bobby Vinton's "Roses __ (My Love)": 2 wds.
31. "I'd like _ __, please." (Bakery request)
32. Outlying
34. Cobblestone
35. Liq. measures
36. Towel dry
37. Full amount [abbr.]
38. India.__
40. Ms. Nicks
42. Miami rapper
44. St-__ (Canadian BBQ sauce brand)
45. Bible kid
46. Ms. Gilpin of "Frasier"
47. Canadian figure skating legend: 2 wds.
53. Camouflage colour
54. Antarctica's Prince __ Coast
55. "__, __ quiet!"
56. Rolling Stones album: '__ __ Bleed'
57. Remote button
58. Prince of Wales' motto, Ich __ (I Serve)
59. Walk leisurely
60. Dog or cat
61. Irish songstress

Down

1. NBA great Mr. O'Neal
2. Web streamer of TV series
3. Vogue competitor
4. Travel document issuer, __ Canada
5. Ms. Kardashian
6. Faucets company
7. Give and take
8. Sanction
9. Sacred structure
10. Women's Rights in Canada, late-1920s: Group behind the 'Persons Case' to give women the right to sit on The Senate: 2 wds.
11. "...take _ __ song and make it better." - The Beatles
12. Stimpy's pal
14. Made the recipe 'hot'
20. Zap with a stun gun
21. "Just you wait, '__ 'iggins..." - Eliza Doolittle
24. Brewer's kiln
25. Before surgery, informally
26. Dress parts in history
27. Eyes colour
28. MGM's motto, __ Gratia Artis
29. South America animal
33. Jackie Wilson's "__ Petite"
35. Vegetable __
36. Installment of an online TV series
38. Skill
39. Old Scandinavian symbol
40. Bundle wheat
41. Go sour
43. Silent film successor
46. __ & Whitney Canada (Aircraft engine company)
47. Vincent's art world brother
48. Frolic
49. Hint
50. Sparse
51. Comply
52. "99 Luftballons" singer
53. Alphabet sequence

Friday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1								3
	7	8		4		1	9	
6		9				7		2
		6	3		1	9		
		5	8		7	2		
9		7				4		8
	8	1		6		5	3	
4								1

Friday's Sudoku

9	6	2	3	8	1	4	5	7
4	7	1	5	6	2	8	9	3
8	3	5	7	4	9	6	2	1
1	5	8	2	3	6	7	4	9
2	4	7	8	9	5	1	3	6
3	9	6	4	1	7	5	8	2
7	8	4	6	2	3	9	1	5
5	2	9	1	7	4	3	6	8
6	1	3	9	5	8	2	7	4

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